

How do I know if my child has lead poisoning?



She got her eyes from grandma, her laugh from dad and her lead poisoning from home.

Lead is highly toxic however, a lead poisoned child usually does not look sick! The only way to know is to have your health provider or health department do a blood lead test. Exposure to lead can be dangerous, especially for children, pregnant moms and unborn babies. It is important that every parent know where lead can be found, and how to control it. It is important to know what to do if you or a member of your family is exposed to lead.

Nutrition is Key for a Healthy Baby

- Lead is poisonous because it interferes with some of the body's basic functions. A human body cannot tell the difference between lead and calcium, which is a mineral that strengthens bones. Like calcium, lead remains in the bloodstream for a few weeks. Then it is absorbed into the bones, where it can collect for a lifetime.
- By eating more foods with calcium and iron, your body is able to absorb less lead, which means less lead for baby.
- Cut down on foods high in fat and sugar, which help absorb more lead in the body.

Adopt Lead-Safe Living for Baby

- Routinely wash all toys, pacifiers, and other things that your baby may put in their mouths.
- Once a week, use detergent to wet mop floors, window sills, furniture or other surfaces that may contain lead dust.
- If your home was built before 1978, have your home tested before renovating or repairing. Never sand blast paint.
- Some imported pottery, china, crystal and handmade ceramics have lead. Use only lead-safe utensils and cookware for storing food or drink.
- Use only cold water from the cold water tap for cooking or for making baby formula. Run water until temperature changes (about 1 minute).

Kansas Childhood Lead Poisoning Prevention



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Kansas Childhood Lead Poisoning Prevention

Prenatal Education and Prevention



What you need to know to protect your baby from lead poisoning.



Pregnancy and Lead Poisoning

The number one environmental threat to children is lead poisoning.



Lead enters through the body by either inhaling or ingesting the lead directly. Children are most often expose to lead by regular

hand to mouth activity after touching window sills or floors that have lead dust. Pregnant moms should be aware of lead poisoning because of the potential harm lead has on the fetus.

Are you and your baby at risk?

- ✱ Do you live in or regularly visit a home that was built before 1978?
- ✱ Do you live in or visit a house built before 1978 with recent or ongoing renovations or remodeling?
- ✱ Do you live with an adult whose job or hobby involves lead?
- ✱ Does your family use pottery or ceramic ware for cooking, eating or drinking?
- ✱ Does your home have vinyl mini-blinds made before 1996?

Lead Fact:

83% of private housing and 86% of public housing built before 1978 contain some lead-based paint.

Nursery Preparations: Do you plan to do remodeling?

Creating a new place for baby can be an exciting start to your baby's life. However, lead dust from renovations, such as scraping or sanding lead paint, can poison mom and cross over to the placental barrier.

Lead exposed fetuses are more likely to be born early and smaller. If you plan to do renovations please follow these important rules:

- ✱ Before beginning work, hire a professional to test affected areas and see if lead-based paint is present. Call KCLPPP at 1-888-291-2821 for a list of qualified consultants in Kansas.
- ✱ If you do repairs yourself, you should follow safe work practices that are listed in the EPA guide *Lead In Your Home: A Parents Reference Guide*. This can be mailed to you by contacting KCLPPP or can be viewed at our website.
- ✱ If your house was built before 1978 and you hire a professional to renovate, the renovator must, before beginning the renovation, give you a copy of the EPA pamphlet *Protect Your Family From Lead In Your Home*.

If you have already completed repairs or remodeling that could have released lead-based paint or dust...

- ✱ Have your baby tested for lead at twelve months to six years. Call your health provider or local health department to schedule testing.



- ✱ Keep children away from dust and paint chips.

- ✱ Clean up all dust and chips

with wet mops and rags. Pay special attention to floors, window sills and other flat surfaces.

It is best to have any repair or remodeling work done by a renovator who knows how to protect your family from exposure to lead dust.

Low levels of lead exposure can affect your child by causing:

- Learning disabilities, attention deficit disorder and decreased intelligence.
- Nervous system and kidney damage.
- Speech, language, and behavior problems.
- Hearing damage.
- Decreased muscle and bone growth.
- Changes in sleeping and eating habits.

High levels of lead exposure can affect you or your child by causing:

- Increased chance of illness during pregnancy.
- Harm to fetus, including birth defects, brain damage or even death.
- Fertility problems.
- Digestive and nerve disorders.
- Memory and concentration problems.
- Hearing Loss

*Information was devised from *Lead In Your Home: A Parent's Reference Guide*, EPA 747-B-99-003, May 1999

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